## **Pretoria North** ()KI

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Tshwane ambulances back on the road again

Govt pays tribute to murdered politician

Pretoria has reached virus peak, says MEC

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Die gasvryheids-lokaal en die klerebank

is in puin gelos na die brand.







## **Marizka Coetzer**

Asof die huidige Covid-19 inperking en regulasies nie 'n groot genoeg uitdaging is nie, moes personeel en leerders van Hoërskool Wondeboom verlede week toekyk toe 'n gebou by die skool verbrand het.

Op 16 Julie is die Tshwane brandweer en lede van die Sinoville Brandbestryding Vereeniging (SBBV) na Hoërskool Wonderboom in die noorde van Pretoria ontbied nadat 'n brand in die gasvryheidstudies-lokaal die middag na skool ontstaan het

"Daar is niks oor van die klas nie, nie eers 'n pot of pan nie," het die skool se beheerliggaam voorsitter Leon Langenhoven

Die skool se klerebank, wat ook deel is van die losstaande lokaal, het ook deurgeloop tydens die brand.

Langenhoven sê 'n forensiese brand ingenieur het reeds kom ondersoek instel en vasgestel dat die brand in die dak van die gasvryheidstudies-lokaal as gevolg van 'n kortsluiting ontstaan het.

Die brand het ongeveer 14:45 die middag

Die lokaal word gebruik deur 175 graad 10, 11 en 12 leerlinge vir die prakties van hulle gasvryheidstudies.

Langenhoven sê daar is reeds 'n ander perseel geïdentifiseer waar leerlinge hul praktiese opleiding kan doen, maar al die gereedskap is deur die vuur verwoes.

"Gelukkig het die skool reeds teen hierdie tyd verdaag en daar was geen leerling of personeellede in die lokaal toe die brand

uitgebreek het nie."

Langenhoven verduidelik die skool se klerebank aan die agterkant van die gasvryheidstudies-lokaal het ook vlam gevat en afgebrand.

"Alles is verwoes, daar was 'n paar truie gered, maar te min om te noem.'

Hy sê die skool het reeds verlede naweek 'n versoek aan ouers uitgestuur om enige oortollige skoolklere aan die skool te skenk vir behoeftige leerders.

"Die winter is reeds 'n moeilike seisoen soos dit is."

se versekering het reeds die Die skool skool kom besoek om die skade van die brand te bepaal en sal later 'n volle verslag vrystel met bevindinge.

"Dit klink of ons 'n stuk van die struktuur gaan moet vervang, wat hartseer is omdat die skool al 70 jaar oud is."

Langehoven sê die skool beoog om die lokaal teen die einde van die jaar gerestoreerd te hê en in tyd vir die leerders se finale eksamens.

Hoërskool Wonderboom skoolhoof Marius Lezar het na die brand in 'n video op die skool se Facebook-blad gesê die skool is dankbaar dat niemand tydens die brand

"Ons is dankbaar vir klein genadetjies." Lezar het ook die skool se sekuriteit en die terrein personeel bedank vir hul poging om die vuur te help blus.

In die video het hy die gemeenskap, ou-Wonnie's leerlinge en ouers gevra om hul harte oop te maak en ou skoolklere vir die skool te skenk.

"Die klerebank het 'n mooi tradisie.

Elke jaar op die laatste dag van die matrieks se eindeksamen kom hulle in siviele klere skool toe en skenk hulle klere aan die skool. Die klere word skoongemaak en aan behoeftige leerlinge uitgedeel. Ons het al oor die jare 'n mooi gehalte skoolklere opgebou wat alles in die vuur vernietig is.

"Ek weet die Hemelse Vader gaan ons hierdeur dra."



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## **Tshwane ambulances** back in service again

### **Reitumetse Mahope**

The Tshwane metro has been granted a temporary operating license that will see its emergency services (EMS) department reinstate its ambulance services.

Tshwane EMS spokesperson Charles Mabaso said the emergency services department's (ESD) emergency medical and ambulance services were back with immediate effect.

'The Gauteng health department granted the Tshwane ESD a temporary operating license that is valid until the end of January 2021," Mabaso said.

He said the residents could now report life-threatening emergencies on the 107 toll-free number from a cellular phone or

'The metro EMS is committed to the synergy in the execution of its operations, governance and interventions in an integrated manner to protect life and property during emergencies and disasters."

Administrator for compliance Lebogang More welcomed the news of the emergency medical services' reinstatement.

'We have been providing excellent medical and ambulance services for years with professionalism. The granting of the temporary operating licence until the end of January next year provides us with the opportunity to continue igniting excellence," More said.

This comes as about 300 qualified staff and 78 ambulances were recently temporarily put out of action, thanks to a move to "provincialise" Tshwane's ambulance services.

All calls made to the Tshwane emergency services' call centre were transferred to the Gauteng emergency centre's call centre by operators.

Only the Gauteng emergency management services could render emergency medical service in the Tshwane metro.

This move by the Gauteng health department meant that the Tshwane



emergency services were without an operational ambulance service for a short period.

At the time, they could only respond to fire, rescue and humanitarian incidents as and when they are reported.

All their ambulances were thus not in operation until the licensing matter was resolved this week

Gauteng health department spokesperson Kwara Kekana said his department was pleased to announce that the process to provincialise emergency medical services was now complete.

The provincialisation was finalised for Johannesburg, Tshwane, while the Ekurhuleni Municipality was the last to be provincialised.

'The migration was finalised on in June bringing to conclusion a process that started in 2012 with Sedibeng district municipality."

She said previously in 2009, the Gauteng Executive Council took a decision to provincialise EMS to improve efficiencies with regards to quality service provision and achieving seamless EMS operations.

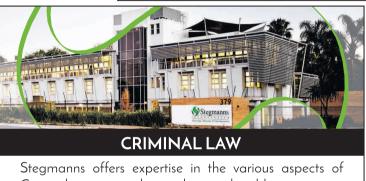
The Gauteng health department had over the years sub-contracted municipalities as agents to render emergency medical services.

"That model has proved to be inefficient, and very costly. Gauteng had been the only province where EMS is not yet fully provincialised in the country post-1994 dispensation.

"As part of improving EMS service delivery, the Department has allocated R294-million for the 2020/2021 financial year for the procurement of new ambulances and other categories of emergency vehicles.'



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## Provincial govt tribute to murdered politician

## **Keitumetse Maako**

A man accused of murdering a local politician abandoned his bail application when he appeared at the Pretoria North magistrate's court on Monday.

Monoko Francis Thoka (29) is facing charges of premeditated murder after he allegedly fatally stabbed Mapiti Matsena (54) in the chest at his house in Holy Hock Street in Doornpoort last Wednesday

The 54-year-old Matsena served as chairperson of the portfolio committee on community safety as well as being a member of the portfolio committee on infrastructure development and property management in the Gauteng Provincial Legislature.

Matsena was stabbed in his chest at his Doornpoort home, north of Pretoria. It sent shock waves throughout the city and

"Thoka abandoned his bail application," said North Gauteng regional spokesperson Lumka Mahanjana.

"The matter was remanded to 24 August for the director of public prosecutions' instruction in respect of matters potentially being heard at the High Court and further investigation."

The Gauteng community safety department last week joined scores of others who paid tribute to politician Matsena following his murder.

"We have lost a dedicated member of the provincial legislature who was passionate about the reduction of crime in Gauteng," MEC Faith Mazibuko said.

"He strongly advocated for the fight against gender-based violence and femicide and the protection of children and the most vulnerable citizens of Gauteng," the MEC said.

Mazibuko added that Matsena was, in their recent budget vote, firm about the community safety department presenting realistic plans to deal with the high crime rate in the province.

We send our heartfelt condolences to his family, friends, comrades and colleagues," she said.

## Prasa to in-source over 3 000 security guards

### Sinesipho Schrieber

Prasa has announced the start of a recruitment process to employ 3 100 security guards to protect its rail infrastructure and other assets targeted by vandalism and theft, pinching millions out of the stateowned entity.

Prasa spokesperson Makhosini Mgwitywa said beefing up security and the decision to in-source came after the termination of security contracts which the offices of the public protector and auditorgeneral found to have been irregular.

The recruitment included stationary, train guards, operation monitoring controllers and armed response guards.

He said this move was to ensure a protection service for the organisation's assets, commuters as well as employees.

"The new recruits will also focus on general crime prevention which, once rooted out, will most likely see a significant decrease in the vandalism of Prasa's properties and theft of assets," he said.

"The new recruits will add to the already existing protection officials, who in recent weeks, have arrested 185 suspects and recovered sizeable amounts of stolen cables and other Prasa assets.

"The agency has had its fair share of theft and vandalism on infrastructure as has other stateowned entities."

Prasa administrator Bongisizwe Mpondo believed in-sourcing of the security services was a better



Security guards will protect Prasa infrastructure from vandalism and theft.

option in securing the agency's infrastructure while creating muchneeded jobs.

"Employing our own security personnel will give us greater control of the protection of our network and assets. We have a responsibility to do all we can to protect the public infrastructure as acts of vandalism and theft become worse," he said

"Our intention is to give preference to qualifying individuals who reside in communities near our rail network. As the economy sheds jobs as a result of the Covid-19 pandemic, Prasa as a state-owned company

has a responsibility to ensure that where it makes business sense, it must provide employment to citizens. It's the proverbial killing of two birds with one stone.'

Magitywa said that Mpondo's plan to in-source security personnel was in line with transport minister Fikile Mbalula's mandate in the turnaround strategy of Prasa.

Meanwhile, the entity has also came under the spotlight at the state of capture investigations at the Zondo commission of inquiry probing allegations of corruption and misuse of state funds, following statements by testifiers.



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## How to get a fibre line connected to your home

By now you've heard all the hype around fibre connectivity coming to your suburb. No doubt your neighbours and family are all talking about getting 'hooked up'. Your teenage children are chomping at the bit to get ridiculously fast internet speeds and mega bandwidth for streaming and a world of indulgent binge entertainment and gaming. Your internet connection is about to get a hefty shot of steroids that make your ADSL line look like snail mail. After you're fibred up of course!

And therein lies the rub. You need to get fibre installed first. As exciting as this whole new connected, lightning-fast world of internet utopia promises to be, there's nothing more frustrating than being met with geek-speak and patronising techno-jargon when all you really want is a plain and simple account of how this all works and comes together.

Metrofibre Networx, a fibre network operator and Internet Service Provider (ISP) offers a step-by-step guide of the entire process in a nutshell, minus the parts that make it sound like a great big mission:

You need fibre infrastructure in your suburb first: the first step is to establish whether your area/suburb has fibre infrastructure available. If there were people digging up your pavements in the last few weeks or months, chances are your suburb is fibre ready. A simple Google search will also point you in the right direction – a search for 'fibre coverage in your suburb will bring up a number of providers who are operating in your area. In some instances, your infrastructure provider and your internet service provider (ISP) may be the same company, but it doesn't necessarily need to be.

**Choose your Internet Service Provider (ISP):** The ISP provides your internet connectivity and bills you

every month for the service, will install a Wi-Fi router in your home and get you connected to the internet. Most internet service providers (ISP) will have a list of 'internet' packages to choose from. These are normally determined by the speed of the connection that your choose, ranging anywhere from 5 Mbps through to 200 Mbps, with the price scaling up the higher the speed of the line. Mbps is a measure of the speed at which data is transferred.

Most homes really don't need the huge bandwidth speeds of 100mbps or 200mbps lines. In South African terms, a 10 Mbps line is considered to be fast and will more than cope with what the average household would need from a fibre internet connection. It is also the minimum if you are planning on streaming movies or music from pay channels such as Netflix or Showmax. If you plan on being a more intensive user (gaming or streaming TV for example) and have many people at home who will connect with multiple devices, either via phones, tablets, TV or laptop, it's worth considering at least 20mbps option or more.

You can also choose between a capped or an uncapped fibre connection. A capped fibre connection will limit the amount of data you can use to a prescribed cap. However, most ISP's provide uncapped fibre connections which is a better option if you're planning on watching movies or downloading music with your fibre line. Also, be aware that uncapped services still come with a fair use policy (FUP) – which service providers implement as subscribers stretch the capacity of their networks by 'throttling' back the line speeds once certain usage thresholds are reached.

Be wary of basing your entire ISP decision on the first available connection date or price. Most FTTH infrastructure providers have several Internet Service Providers (ISPs) that operate off their line and can provide you with many

choices and price packages for your fibre line connection.

Connecting fibre to your home:
Once you have decided on an ISP and package, your
ISP will set up a time that is convenient for you to install
your router and connect your fibre line to your home.

Most ISPs will provide you with a fibre router that is included in your package – in most instances the router remains the property of the ISP. It is a device that looks like a small box with aerials and small flashing lights. The router ultimately broadcasts your internet connection via a technology called Wi-Fi to devices in your home such as your phone or your TV – think of it as an invisible internet connection that you connect to via radio wave transmission. You can also connect a device such as your TV or laptop directly to your router using an Ethernet cable, which we would recommend if you are planning on streaming movies or songs from your TV. You will find that video streaming is data-intensive and may require more bandwidth, causing other services and devices to 'lag' or buffer. This tends to grow more severe as more devices connect to the Wi-Fi. A wired (Ethernet cable) connection is always more reliable than the Wi-Fi signal from the same router and does not suffer from fluctuations.

Your ISP will also spend some time setting up your fibre router settings and home network, and especially important setting up a password to your router. This allow you to control who connects to your fibre line and is an essential security precaution. It's then as simple as searching for the Wi-Fi network on your device – look for the name that your ISP created for your home network, select it from the list, enter the security password created for your home network, and voila, you're connected!

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## Pretoria has hit Covid-19 peak, says MEC

### Sinesipho Schrieber

Pretoria has entered what experts believe to be the peak period of Covid-19, with about 52 deaths and 1 000 cases reported daily in the past week.

Tshwane region three, which consists of Atteridgeville, Laudium, Pretoria CBD, Hercules, Danville, Saulsville, Lotus Gardens and Pretoria West, remained a hotspot with a total of 7 900 cases and 3 998 recoveries as of Monday.

Pretoria North areas falling under Tshwane region 1: Ga-Rankuwa, Mabopane, Winterveldt, Soshanguve, Rosslyn, Karen Park, Wonderboom, Akasia, Nina Park, Orchards, Amandasig and Theresa Park accounted for 5 342 cases and 2 309 recoveries as of Monday.

Pretoria North areas falling under Tshwane region 2: Hammanskraal, Temba, Suurman, Dilopye, Stinkwater, Ramotse, New Eersterust, Kameeldrift, Pyramid/Rooiwal, Doornpoort, Kekana Gardens, Marokolong, Randstown and Kanana accounted for 1 618 cases and 464 recoveries as of Monday.

Meanwhile, the Gauteng province recorded about 5 000 cases daily in the past week, and Johannesburg remained the epicentre.

Speaking at the provincial coronavirus command council media briefing, health MEC Dr Bandile Masuku said the surge was expected "as we are already in the peak".

Masuku welcomed the new regulations announced by President Cyril Ramaphosa last Sunday, that included the immediate suspension of the sale of alcohol and the introduction of the curfew at 21:00, adding that these "will help in reducing the spread of the pandemic"

Masuku said although the province was already the epicentre of Covid-19 cases, the department expected even higher cases from the beginning of August and mid-September.

"We are continuously strengthening the



Gauteng Health MEC Dr Bandile Masuku briefing the media on the provincial government Covid-19 intervention updates on Friday.

comprehensive healthcare response by taking necessary measures to boost the infrastructure and medical equipment in all our healthcare facilities to meet the increasing demand for the foreseeable future," he said.

"We continue to work with the private sector and national government to increase publicity in public facilities. While the number of new cases continues to rise the bulk of people admitted to hospital do recover.'

According to the director of Netcare's north-eastern region Dr Erich Bock, there has been an increase in the number of Covid-19 positive individuals admitted to Netcare's

eight care hospitals in Pretoria (Akasia, Bougainville, Femina, Jakaranda, Montana, Moot, Pretoria East and Unitas hospitals).

Bock said the time which Covid-19 positive patients spent at the hospitals varied, depending on the severity of their condition.

'It should, however, be noted that our experience to date is that only about 20% of people contracting the virus will need hospitalisation, and of those patients, only about 25% to 30% will need treatment in critical care units," he said.

We can confirm that our hospitals in Pretoria currently do have the capacity to provide treatment to more Covid-19 and other patients," he said.

'In anticipation of the surge, Netcare had increased the number of critical care beds and equipment in our Pretoria hospitals and has recently also procured additional high flow oxygen devices as many Covid-19 patients' condition is of such a nature that they can be treated in general wards with high flow nasal oxygen.'

He said comorbidities such as heart or blood vessel disease, respiratory and pulmonary disease, hypertension (high blood pressure) and diabetes contributed to more severe illness in persons who contracted Covid-19.

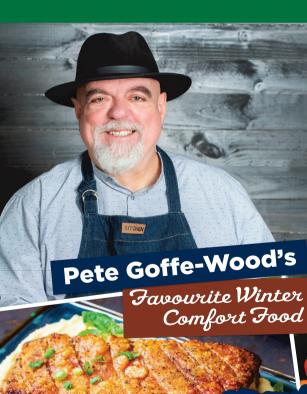
"All South Africans should take Covid-19 very seriously. Now, more than ever before, every person should play their part in fighting the Covid-19 pandemic. It is the responsibility of each and every South African to maintain safe practices to minimise the risk of the virus spreading."

He advised people with chronic illnesses or comorbidities – especially those over the age of 55 – to remain in close contact with their doctor or relevant medical treating specialist, not only to manage existing conditions but also to monitor any new symptoms that may

"If a person develops a new symptom, whether or not it is commonly associated with Covid-19, it is safer not to ignore it but seek medical advice so that medical care can be provided promptly, where needed. From what we know of Covid-19 so far, better outcomes for many health conditions are usually achieved with early treatment.

"Regular washing of hands with soap and water or using an alcohol-based spray or gel, keeping a distance of at least a metre from others; wearing a mask in the correct way when in public areas, minimising travelling and disinfecting any surfaces being touched regularly, remain the most important in preventing the spread of Covid," he said.







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## Pilots go from mayday to payday

### **Marizka Coetzer**

It has been nearly four months since Pretoria's favourite "orphan" plane, Little Annie, could lift off and spread her wings due to the current national lockdown regulations.

The Hill family from Pretoria East, who owns the Antanov AN-2 aircraft, have been grounded, so they had to put their heads and pilots together to make ends meet.

Mark Hill, Jon-Marc Hill and Ryan Smith swapped their overalls for aprons when they started making and processing droëwors and biltong to get some kind of income.

It has been a busy lockdown for the Hillclan, who not only had to find a new way of making money but also had to deal with relocating the aircraft.

"Due to Covid-19, my dad and the crew have started a new and exciting online series – 3 Pilots in a pot. The three pilots have already started making aviation-themed biltong and droëwors," Courtney Hill said.

She said the show promises to be packed with ample humour, fun facts, aviation flavours and more.

"Mayday, mayday, mayday – payday. For sale or to hire, a secondhand, slightly used pilot and plane in good working condition," the Hills posted on Little Annie's Facebook page at the beginning of July.

"He can clean hangers, wash aircraft and even fly the aircraft both fixed and rotary wing"

Hill said her father, Mark, was retrenched

due to Covid-19, "which has affected us all in some way or another, he has been at home for the past four months".

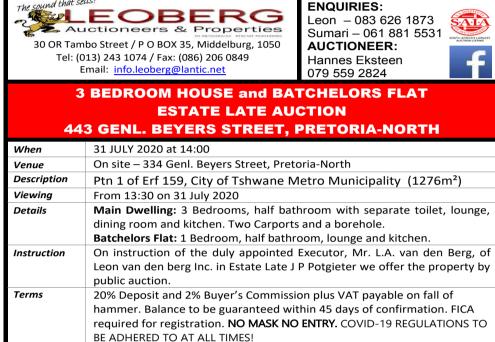
Since their cry for help the Hills put their heads together and came up with the concept of making and selling biltong. The YouTube channel was only added later.

The Hills have also had their hands full with relocating Little Annie.

"I'm so excited to announce that I have moved to my new foster home! After having to move out of my old foster home due to various reasons, Ben Esterhuizen from AMO 1 148 (208 Aviation), has kindly opened up his home to give me a safe and warm haven for the next while," Little Annie "said".











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## Stick to the budget and save more

If the national lockdown has taught us anything, it is the importance of sticking to a budget and having emergency savings available should the unforeseen happen.

This can be challenging for those whose credit extends beyond their monthly earnings.

"As an affordability rule of thumb, one

should not spend more than 30% of his/her monthly gross income on housing. This way, the homeowner or tenant will have enough of their monthly earnings left over to pay for the rest of their household expenses as well as to make contributions towards savings," says Adrian Goslett, Regional Director and CEO of RE/MAX of Southern Africa.

To help homeowners and tenants create a monthly budget that will reduce the risk of losing their home owing to unforeseen circumstances, RE/MAX of Southern Africa suggests the following tips to become financially prepared for the unexpected: Step 1: Categorise your expenses

The first step is to find out where you are spending your money. To do this, look at your bank statement to create a list of all your expenses and then break the expenses down into the following categories:

- 1) Unchangeable essentials: these include rent, insurance instalments, etc.
- 2) Changeable essentials: these are

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variable costs such as groceries and petrol. 3) Inessential expenses: these include

- entertainment spending and shopping
- 4) Long-term savings: payments towards pension funds and investments
- 5) Short-term savings: informal savings such as stokvels and emergency funds.

Step 2: Cut back to save more If you aren't already putting away a healthy amount into savings, then you will need to cut back somewhere.

Categories 2 and 3 in the list above are the easiest areas in which to cut back to make more funds available for your savings. Cutting back on expenses in category 1, on the other hand, usually involves doing some research to find cheaper alternatives and the consequent process of switching or cancelling the fixed expense.

You can review these if you still are unable to reach your savings goals after cutting back on categories 2 and 3.

Step 3: Set savings goals

Setting savings goals are vital. Determine an amount that you would like to put aside each month that will help you afford the various expenses incurred when owning a





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**R560 000 - 2ND FLOOR** 



R1 550 000

> **DAWN MOKWENA** 082 978 3298 DAWN@CSISALES.CO.ZA



R550 000 - LOFT

**QUINTIN MYNHARDT** 074 487 3878 QUINTIN@CSIPROPERTIES.CO.ZA



## **Twee-Riviere Retirement Village:**

1 Bedroom assisted living - R5 000 pm 1 Bedroom, 1 Bathroom apartment from R5 800 pm 2 Bedroom, 1 Bathroom simplex from R8 000 pm

## **Bougainvilla Retirement Village:**

Bachelor apartment - R4 500 pm 1 Bedroom, 1 Bathroom apartment from R5 800 pm 2 Bedroom, 1 Bathroom simplex from R8 500 pm

## 3 Bedroom, 2 Bathroom simplex from R9 500 pm Zambezi Lifestyle Estate:

2 Bedroom, 1 Bathroom, 1st floor - R5 900 pm 2 Bedroom, 1 Bathroom, Ground floor - R6 500 pm

## **Twee-Riviere Lifestyle Estate:**

2 Bedroom, 1 Bathroom apartment from R5 000 pm 2 Bedroom, 2 Bathroom duplex from R7 300 pm

## **Platinum Estate:**

2 Bedroom, 1 Bathroom apartments from R5 150 pm 3 Bedroom, 2 Bathroom House - R8 060 pm 3 Bedroom, 3 Bathroom House - R8 840 pm 4 Bedroom, 3 Bathroom House - R9 880 pm

REKORD **ADVERTISER'S** 

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## Interest rate savings tips to help you cope with debt

With the interest rate down to the lowest level in 50 years, it offers an unprecedented opportunity to invest in your own home or bring your debt down, says Samuel Seeff, chairman of the Seeff Property Group.

The 2.75% reduction in the interest rate provided as part of the Covid-19 lockdown relief has brought the prime lending rate (which is also the base home loan rate) down to 7.25%, resulting in a saving on debt repayment costs of almost one-third (30%).

It has made it cheaper to service debt and brought repayments down, providing savings which has put more money back into household budgets.

For some, it is the opportunity to buy a house, others may use it to settle their debt or create savings.

Seeff gives the following tips for households to leverage the historically low interest rate to their advantage:

Reduce your mortgage balance If you already have a property with a mortgage loan, you can keep your payments at the original level and use the difference to pay your loan off faster. This will also create a financial buffer to enable you to absorb any future interest rate hikes as you will be used to paying the higher amount.

Swap the rental for your own home The lower interest rate means that in some areas it is now almost cheaper to buy than to rent, or there will be very little difference.

If you qualify for a mortgage loan, now is an excellent time to buy. Since the repayments on mortgage loans have

come down, your earnings required to qualify will also be lower.

Buy a new house

If you are thinking about trading up, this could be an opportune time to do so as you can benefit from the interest rate saving which will make your new property almost at the same rate as the current home. You could also potentially find your dream house at a good price, depending on the area and price band

Build a cash reserve If you are financially secure, you can keep your mortgage payment at the old rate and invest the difference into a savings account. If you are renting and have other debt, you could keep your repayment at the same level and can tuck away the interest rate savings into your housing deposit account.

Reduce your car debt

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There is a big advantage to owning your car and by keeping your car repayments at the original amount, the difference could go towards reducing your car debt. It could also create a buffer against future interest rate hikes. If you are thinking about trading up, a paid-off car will come in handy as a deposit on the new car.





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aparte opwas-cum-wask, instapspens, onderdak

Annlin R1.59m. Absolute winskoop! Ruim 4 slk,

klinker teëldakwoning, 2 badk, 3 ruim leefareas,

dbl m/afdak, boorgat, besproeiing, uitstekende beveiliging. **Property24 - 108888265** 

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MAGALIESKRUIN

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gemeenskaplike tuin. Geen troeteidiere. 1
Augustus.
R7 500 - Meenthuis, Lorenpark. 2slk, 1
vol badk, aparte sit- en eetk, stoep, eie tuin, 1
toesluit m/huis. 1 Augustus.
R7 500 - Meenthuis, Reaganpark. 2slk, 1 vol
badk, aparte sit- en eetk, stoep met braai. Mooi
tuin. 1 m/huis..

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**R6 500 - Woonstel op 4**<sup>de</sup> vloer. 3 slk, sit/eetk, 1 badk, balkon, 1 toesluit m/huis. R12 900 - Gesinswoning op groot erf. 3 slk, 3 leefareas, onthaalstoep met braai, swembad, m/huise en 2 afdakke. 1 Augustus. R13 900 - Gesinswoning. 4 slk, 2.5 badk, 3 leefareas, studeerk, swembad, 2 m/huise, 2 kamers buite met badk

MONTANA R7 500 - Stapelwoonstel langs Montana Hoërskool. Splinternuut en modern. Boonste eenheid met balkon en gas-braaier. Fantastiese uitsig. 2 slk, 2 badk, sit/eetk, studeerk, m/huis, 1 afdak.

DOORNPOORT

**R6 500 - Meenthuis.** Nuut uitgeverf. 2 slk, 1 vol badk, sit/eetk, stoep met groot tuin, swembad

TWEE RIVIERE AFTREE OORD **R8 000 - Huis.** 2 slk, 1 badk, sit/eetk, 1 afdak. Stoep. Bo 50 jaar. **1 Augustus.** 





## Montana Park - R1 390 000

Vir hierdie ligging sal hierdie prys nie weer herhaal word in Montana Park nie. 3 slaapkamer, 2 badkamer, studeerkamer, sitkamer, eetkamer, klein tuin wat privaat is. Dubbel motorhuis. Baie goeie sekuriteit met spaanse diefwering, alarm en elektriese heining. Gaan nie lank in die mark wees nie. Besigtiging slegs met afspraak.

Skakel Pieter - 082 5511 040









BABSIE SMIT 082 828 8496

RESIDENTIAL I COMMERCIAL **babsie@mextrealtors.co.za**TO LET - ANNLIN - R9 000 - Lovely spacious family home very well located above Zambesi rd and very dose to Laerskol Wonderboom and shopping entre, easy access to Rosslyn, Lavender rd, Pretoria CBD etc. 3 bedr, 1 bathr, spacious lounge and diningr, lock-up garage, lots of parking, very big stand. EXCELLENT VALUE!

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ANNII N. R 276 000 - Ultra modern townhouse in noular security complex situated dose to schools and

ANNLIN - R745 000 - Ultra modern townhouse in popular security complex situated close to schools and shopping centres, 2 bedr, full bathr, open-plan diningr, lounge, gorgeous garden, lock-up garage. EXCELLENT

HESTEA PARK - R799 000 - Lovely, modern simplex townhouse with great privacy as it's a corner unit, bedr, 2 bathr, open plan lounge & diningr, kitchen, lock up garage, parking, spacious garden area!! MAGALIESKRUIN - R840 000 - Beautiful Ultra modern townhouse, very well located above Braam

retorius, 3 bedr, 2 bathr, diningr, lounge, awesome wooden deck patio with built-in braai, garden, double arport, pet friendly!! EXCELLENT VALUE!! MAGALIESKRUIN - R980 000 - STUNNING neat to a pin simplex townhouse in upmarket security complex,

Pedr, full bathr, diningr, lounge, lovely kitchen, covered patio with built-in braai, lovely garden, garage and extra lock-up carport!! EXCELLENT VALUE!!!! DORANDIA - R1 040 000 - Beautiful and spacious family home, 3 bedr, 2 bathr, diningr, lounge, enclosed

JUNANUIA - KT 040 000 - Beautiful and spacious family home, 3 bedr, 2 bathr, diningr, lounge, enclosed lapa with braal, pool, beautiful garden, double garage, extra parking! EXCELLENT VALUE!!

MONTANA - R 1050 000 - BEAUTIFUL modern simplex townhouse in popular security complex, 3 bedr, 2 bathr, diningr, lounge, lovely open-plan kitchen, covered pation, spacious garden, EXCELLENT VALUE!!

PTA NORTH - R 1060 000 - Beautiful, modern, spacious family home, very well situated dose to schools and shopping centres. 3 bedr, 2 bathr, dining, lounge, TVr, lovely kitchen, 2 outside rooms each fitted with own bathr, storage/workshop, 1 garage, double carport, pool, HUGE stand of 1200m2!! SUPER BARGAIN!! CALL SOON TO AVOID DISAPPOINTMENT!

DOORNPOORT - R1 100 000 - Beautiful, modern and cosy family home close to Kolonnade mall, sh

DOORNPOORT - R1 100 000 - Beautiful, modern and cosy family home close to Kolonnade mall, shopping centres and other amentiles. 3 bed, 7 bathr, dining, lounge, entertainment area, lapa, jacuzzi, lovely garden, an entertainer's delight, double garage and double carport!! EXCELLENT YALUE!! DOORNPOORT - R1 170 000 - Beautiful family home in heart of old Doornpoort. Located close to Wonderboom Airport and OK shopping centre, 3 bedr, 2 bathr, open plan living area and kitchen, small garden, low maintenance home, ideal lock-up and go without levies of a complex, double garage, double parking!! EXCELLENT VALUE!!

parantigi: EXELLENT VALUE!!
MINILIN - R.1 190 000 - Beautiful, spacious free-standing townhouse in upmarket, full title security
omplex. 3 bedr, 2 bathr, diningr, lounge, open-plan kitchen, patio with built-in braai, lovely garden, double
parage, double carport. EXCELLENT VALUE!!

MONTANA PARK - R1 290 000 - Lovely family home. Very well located close to Kolonnade Mall and easy access to highways, 3 bedr, 2 bathr, open plan lounge & diningr, lapa, pool, small garden, storage, double garage, lots of parking (pan-handle driveway). EXCELENT VALUE!

DODRIPHORY 1, 11 340 000. Conveyors lift an order family home in upmarket area. 3 spacious bedr.

diningr, lounge, stunning kitchen, spacious covered patio with built-in braai, spacious lovely garden, doubl garage, double carport, VERY SAFE, EXCELLENT VALUE!!

dining, Jounge, Stunning Kitchen, Spacous covereu patio with under the company of the capture of the company of the Celebratic New York of the Celebratic Ne

study, spacious office space, diningr, lounge, TVr, very spacious beautiful kitchen with scullery, braaiv entertainment room, pool, 3 garages, 3 carports, HUGE stand of 1283m2!! EXCELLENT VALUE!! THERESA PARK - R1 699 000 - Beautiful and spacious family home on a large stand. Situated in an upmarket area, 4 bedr, 3 bathr, study, diningr, lounge, granny flat, indoor pool, lapa, borehole, EXCELLEN

SINOVILLE - R1 699 000 - ENTERTAINER'S DELIGHT, very spacious family home, 4 bedr, 2 bathr, diningr, lounge, family room, office, entertainment area, indoor pool, large flatlet potential, HUGE garage t accomodate multiple vehicles, workshop/storage!! LOTS OF EXTRAS!! Work from home!!

SINOVILLE - R1 890 000 - Beautiful, ultra spacious family home dose to schools, shopping centres and other amenities. 5 bedr, 2 bathr, diningr, lounge, spacious kitchen, domestic room and facilities. Very big stand. Very big generator and convertor, borehole with Jol0 tank. Easy to get off the grid. Double garage,

double carport, separate entrance with extra parking. EXCELLENT VALUE!!

WONDERBOOM - R1 890 000 - ULTRA spacious family home situated above Braam Pretorius within wunderboown - 11 30 000 - 01 N3 900000 Iailiiji ninnie situated adove bradin Fretorius Within walking distance to school and shopping centre with large separate granny flat. 4 bedr, 3 large living areas, kitchen, lots of parking, very big stand!! EXCELENT VALUE!!!

SINOVILEE - R2 070 000 - STUNNING, ULTRA modern family home with a separate 2 bedr grannyflat, main

SINOVILLE - R2 070 000 - STUNNING, UITRA modern family home with a separate 2 bedr grannyflat, main house 3 bedr, 2 bathr, dining, lounge, office space, spacious modern kitchen, HUGE awesome entertainment area, pool, comer stand with 2 entrances, garage, carports, LOTS of parking! EXCELLENT VALUE!

MONTANA ESTATE - R2 390 000 - Gorgeous and spacious Tuscan-style double-storey family home in upmarket security estate, 4 spacious bedr, underfloor heating, 2 full bathr, pajama lounge, guest toilet on the first floor, open flow diningry lounge, kitchen with scullery, enclosed patio with built-in braai, lovely garden with a sparkling pool, double garage, extra parking!! EXCELLENT VALUE!!

MONTANA (ROSE ACRE ESTATE) - R2 580 000 - Lovely double story family home in upmarket estate. 4 bedr, 3 bathr, dining; 2 lounge areas, covered patio with built-in braai, lovely garden, pool, double garage, double carport!!! EXCELLENT VALUE!!!

MONTANA PARK - R2 990 000 - Very spacious, ultra modern family home in very upmarket area. Main house offers 4 bedr, 2 bathr, spacious study, open-plan lounge and diningr, gorgeous open-plan kitchen. 1 bedr flatel Extra, separate beautiful bachelor flat. IMMACULIAE and spacious enclosed entertainment area with built-in braai, sparkling pool, domestic room and facilities, very spacious THREE door garage, carport to accommodate 3 vehicles, lots of extra parking, lush beautiful garden. This property offers lots of boust to accommodate 3 vehicles, lots of extra parking, lush beautiful garden. This property offers lots of bonus features. EXCELLENT VALUE!!! 16852/34-7-20

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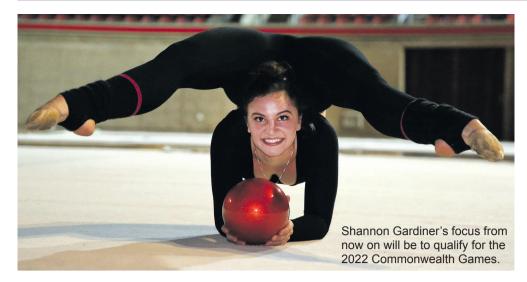
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## **Gymnast is not ready** to quit on her dream

The rhythmic gymnast Shannon Gardiner from TuksGymnastics learnt two things during the recent Covid-19 lockdown.

The first is that cleaning a house from top to bottom once a week is not an easy job. Even if every family member is helping.

More importantly, while being cooped up with nowhere to go, she realised that she is not ready to quit on her dreams yet.

She had hoped to compete at the Tokyo Olympic Games, but unfortunately she dropped the hoop during one of her routines at the African championships in Egypt in March. She lost four points and that was it dream over. Finishing fourth overall was not going to cut it.

The Tuks BComm Law student was truly down and out afterwards.

"I had no reason to feel as if I had failed. I had torn the meniscus in my left knee during last year's South African championship.

"It meant I had to undergo knee surgery which left me with only about five weeks to prepare for the championships," she explained.

Still, Gardiner could not help but wonder whether it was worth the trouble to sacrifice so many long hard hours for a dream that may never become a reality. Should she not instead focus on finishing her studies and starting a career?

"During the lockdown, however, I realised gymnastics is such a big part of my life. I am not ready to stop. I know I am capable of becoming a better gymnast. My focus from now on is to qualify for the 2022 Commonwealth Games. Only afterwards will I make a final decision as to the 2024 Olympics," she replied.

While busy with her rehabilitation Gardiner realised the importance of doing mental training sessions as well. It is something that stood her to good stead during the lockdown.

"I would often lay down on my bed and listened to the music of my various routines. While doing so, I would visualise on executing every move to perfection. I even focussed on my breathing," she explained. Tuks' gymnasts are back in training.

Although Gardiner could not wait to fly through the air again, she was at first slightly nervous.

"When back in the Rembrandt Hall, it was like 'oh my goodness I hope I have not lost all my skills'. It has, after all, been quite a few weeks since I last had the opportunity to execute any routine. It turned out there was no need to worry. While guite a few gymnasts dropped their apparatus at first, I seemingly continued as before. My muscle memory must have benefitted from the mental exercises," Gardiner commented.

The only thing she is missing out on is her fitness

"I did try to run every day during the lockdown, but it is very different from doing a gymnastics routine," she said.

According to the Tuks gymnast, the most important thing she learned from the lockdown is not to take anything for granted ever again.



## 'Prodigal son' scrummer could end career with Bulls

### **Koos Venter**

**SPORT** 

Captain, Burger Odendaal, will be leaving Loftus Versfeld to join the Lions.

It also became known that three other regular faces in the SuperRugby team are no longer on the Blue Bulls Company's payroll.

The Bulls confirmed that prop Wiehahn Herbst, hooker Jaco Visagie and loose forward Abongile Nonkontwana will all leave Loftus Versfeld. Like Odendaal, Herbst and Visagie will join the Bulls' neighbours across the Jukskei River, the Lions.

Although it is speculated that Nonkontwana is considering an offer from Griquas, nothing has yet been confirmed from Kimberley or Pretoria.

Herbst joined the Bulls after the 2018 season and spent a year and a half in the colours of the Bulls where his experience assisted immensely on the field and also in the grooming of some of the younger front row crop.

Visagie made his first-class debut in 2013's Vodacom Cup and went on to representing the franchise at all levels including u.19, u.21, Currie Cup and SuperRugby. He earned his 50th cap for the Bulls against the Blues earlier this year.

The 25-year-old Nonkontwana, a former SA Schools and Junior Springbok, joined the Bulls after finishing his schooling at St. Alban's College in Pretoria in 2014 and went on to represent the franchise at u.19, u.21, SuperSport Rugby Challenge, Currie Cup and SuperRugby level.

The big loose forward, who can also play in the second row, joined the Cheetahs in 2018, where he tasted European rugby in the Guinness PRO14 before returning to Loftus

Versfeld for the 2020 SuperRugby season. Meanwhile, the Bulls also confirmed that

the former prop of the Lions, who later also played for Bath in England, Jacques van Rooyen, will report to Loftus Versfeld this week for fitness and medical tests.

He is currently back in Pretoria, having played in Japan last season since leaving Bath. The 33-year-old Van Rooyen had a very successful professional career after being recruited by Johan Ackerman in 2013 out of the club rugby system in Pretoria at the age of 26 to join the Lions. He eventually played in 130 games for the Lions, of which 66 were SuperRugby games.

This strong scrummer and excellent ball carrier has represented the Lions in three consecutive SuperRugby finals (2016-2018), while also being the union's Currie Cup captain in 2018. Although Van Rooyen will probably be used as a backup for Springbok Lizo Qoboka, his experience and leadership qualities could be worth gold for the Bulls.



Jacques van Rooven. **Photo: Frans Lombard** 







## **Pro-teams resume their training sessions**

### **Koos Venter**

SA Rugby announced late last week that professional rugby teams would return to non-contact training from Monday.

The confirmation followed several weeks of preparation and consultation with government and all provincial unions to ensure compliance with regulation and to minimise the risk of Covid-19 infection.

Eight teams will resume training with a view to competing in domestic competitions that are being modelled by SA Rugby and member unions to be accommodated into the remainder of the year.

The eight teams are: the Bulls, Lions, Sharks, Stormers, Southern Kings, Cheetahs, Griquas and Pumas.

Due to the economic impact of the pandemic on the sport, the remaining professional teams will remain in lockdown.

SA Rugby continued to work with all stakeholders on the prospects of a return to playing for the Springboks at some point this year.

"This is an important first step back to playing, and we have taken it carefully to ensure full compliance and having thoroughly interrogated the regulations with



The Blue Bulls and seven other top professional rugby teams in South Africa will be back on the training field this week to start preparing for the Currie Cup series. **Photo: simondp@actionimage** 

government," said SA Rugby CEO Jurie Roux.

Roux confirmed that contact training will not be permitted for the moment, but the players will be allowed back onto the field with a rugby ball and back into the gym, while observing strict protocols in both areas.

This comes as a great relief to the sport. He said that all players and management teams were being screened before the return and that training venues had been prepared to conform to the new protocols.

Several competition formats with various start dates featuring eight teams had been modelled for the return to competitive play, as it was highly unlikely that air corridors would be opened to allow international travel.

Roux said the only teams expected to appear in 2020 were the eight professional teams and those that fielded u.21 teams.

All other competitions as well as club rugby were cancelled.

"The risk associated with a mass return to train and play has been highlighted by government and the timelines and practicalities are such that it is unrealistic that there will be a general return to play this year." Roux remarked.

As a result of this arrangement the members of the CovCom (the standing committee of member unions and experts which has been managing rugby's response to the pandemic) opted to formally confirm that the only rugby to take place under their jurisdiction this year would feature the eight senior teams.

Roux added that schools' rugby did not fall under SA Rugby's jurisdiction and any decisions in that regard would be handled by the Department of Basic Education.



